

Introduction:

- Could you briefly introduce yourself and explain your expertise in the field of microdosing mushrooms?

Aki:

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My name is Aki Smith.

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I am a manufacturer and researcher

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in the field of mushrooms
specializing in Microdosing.

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We have been working on this for a number
of years, mostly on the medicinal side.

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But as Oregon has expanded the market,
we are gradually approaching

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a broader market of mainstream microdosing

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clientele.

Background and Research:

1. What initially drew you to the study of microdosing mushrooms?

Aki:

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So what initially drew me to Microdosing
mushrooms was really my own journey

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trying to help, in particular

my cluster headaches.

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So I had explored a number of alternative medicines,

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everything from acupuncture or biology.

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My mother is actually an acupuncturist

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to trying things like psychedelics,

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small amounts of LSD, obviously cannabis,

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but in particular psilocybin mushrooms tended to be the most effective.

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But my concern for me was that it was a little debilitating.

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It was quite a journey and that was in many ways

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a great thing, but it wasn't something that I could do casually.

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It wasn't something that I could really schedule easily.

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And so I needed to take large chunks of time out, which is fine

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if I'm a bachelor,

but is not so fine with a family.

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So at this point I've been able to adjust my dosage and get to a micro regimen

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that allows me to have the level of health and I'm looking for

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without having to go on longer psychedelic journeys.

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And so my excitement around that was really, wow, this works for me.

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And I have some of the worst cluster headaches that I know.

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Let me go and help

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some of the other people that I know who suffer from similar symptoms.

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And so we started to share those.

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We started to make them

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and pretty quickly found out that, yes, it works for some people,

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but it's not a silver bullet and it's not very easy to

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just give it to them and say, Hey, try it
just like you might do with aspirin.

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So now we are focused on manufacturing
these products

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and doing extractions of them
so that we can really control the dosage,

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but also tailor it
to whatever that particular patient needs.

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I'm also very cool

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if you expand more on exactly everything

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you said later down the line of gobbling
the whole helping and everything.

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This because I did not know any of that
in what you just said, which is

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totally cool that it just came out of you
having headaches and stuff like that.

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that was the original thing,
you know, it was a situation

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where headaches run in my family and
I think that really normalized it for me.

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It was just, yeah, I mean,
sometimes you just have to pop some Advil.

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You know, my my dad would tell me stories
about my grandfather

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just grabbing handfuls of aspirin
and throwing them down his throat

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just so that it can keep working or doing
whatever it is he was doing.

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And, you know, he was a very active man.

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So I can understand the desire
to kind of Medicaid away

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the pain so that you can keep going
after your goals.

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But it meant that we don't necessarily,
as a family, have

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an appropriate relationship

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to what your life should look like
with regards to headaches.

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Maybe it's okay to have headaches
every day as long as you can manage them.

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Now, of course,
I realize that's not appropriate.

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That's not good.

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That's not a sign of good health
and should be addressed seriously.

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And, you know, at this point,
I don't suffer from cluster headaches.

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I rarely feel ill at all, which

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I feel incredibly
blessed to say this also.

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So they

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pretty much what you're saying
is that your family has like a history

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of just like just severe
migraine headaches and and stuff

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like you.

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Well, yeah.

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So cluster and migraine headaches
are similar, but not quite the same.

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But at any rate, it's we're not
really sure why we have these headaches,

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but it is a common thing

that runs on my dad's side of the family.

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And so, you know,
this has been probably the first time

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we've been able to find something
that is truly effective.

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You know, it's cannabis
was something that my family has used.

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And my father's generation, you know, they
they grew up at a time where it was

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quite fashionable to rebel and run away

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and become a hippie and try cannabis
and do all those things.

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And I believe there is an element
of self-medication there because

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they really indulged
and then kind of pulled back.

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And I think there was a sense of like,
Wow, this really benefits me,

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but there's so much guilt
associated with it,

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and it disconnects me from my parents
because my grandparents obviously were

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not accepting of that type of a lifestyle
and were quite disappointed

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that their children were running away
and changing their names and doing

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these kind of exotic lifestyles
that they didn't really understand

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and they felt was going to lead them
towards some turmoil,

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you know, But at the end of the day,

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it also meant that there was exposure
to alternative medicine.

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And I think that has helped.

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And that allowed my father

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at least to understand ways
to manage the pain in his own way,

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which was more through exercise
and supplementation and things like that.

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But at this point we all take great notes.

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Mushroom.

2. Can you share some insights into the current state of research on microdosing, especially considering the legal restrictions around mushrooms?

Aki:

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Yeah. You know, maybe I can just explain some of the things that we're doing, some of the differences, what makes us a little bit special. So in particular, our expertise is in extraction and formulation. So that is where we have started looking at a variety of different psilocybin mushroom sources, you know. And what I mean by that is within the state of Oregon, everyone needs to use school teacher.

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So there's really only one kind of strain you might call it, but the way that you grow that strain, the mediums that you use or the conditions like conditions, the timing, when you harvest it, how you dry it or don't try it. And then further down the process downstream there is how are you going to extract it, How are you going to store that extract and then how are you going to utilize that extract?

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So those are all variables that we tweak. And what we have found is that when we look at more traditional extraction methods, they're based off of how we extract other mushrooms like ratio, for instance. And, you know, in many ways what most people like to do for exotics is we're going to do a dual extraction, which means we're going to use water for one, and then we're going to use alcohol in the second just to get everything out of there, all the different compounds, because not everything is soluble in water.

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The other, which is great, it is comprehensive, but it also poe extracts a lot of other things and it's consequently kind of crude. So it's sort of like the difference between making coffee with traditional drip Mr. Coffee machine versus pulling an espresso shot. Yes, they're both caffeine coffee based drinks, but you're not really going to have the same experience at all, and you're going to need a different vehicle to consume them in.

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Right. You know, the the other part of the extraction and formulation side is what what does the patient really need? Meaning, how much do they need, when do they need it? Where can they apply it? Because most of the time when we're talking about formulations, we probably think about pills or liquids or things that we're orally ingesting. But there are many situations where that's not the most effective vehicle for the person.

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For whatever reason. Maybe they have issues ingesting food because they have throat cancer or they have situations where it's they have sensitivities in their gut. And so they can't really accept these types of medications. Instead, what we might do is like a transdermal patch, or it might formulate it into a nebulizer solution or a vaporizer or what have you, right?

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There's so many different avenues. And because we have expertise in developing unique APIs or, you know, active pharmaceutical ingredients into these different carriers or into these different vehicles, So that way we can say like, yeah, well, maybe it's this vehicle doesn't work for you because what you need is something that's going to be slow release because you need it at night and it's to help you stay asleep.

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Right. There's a lot of specificity in that goal. And so we do the reverse engineering to find out maybe it's this variable, maybe it's that variable, it's bring it down, working with the patient to find out, hey, I think this is the right direction to go in. And if this doesn't work, we have these other alternative paths. And so it becomes a really collaborative process.

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And as long as the patient is patient enough to work with the process, we can almost always dial it into something that's going to be pretty appropriate for them. And then it's something that they're able to do regularly and affordably and they can actually consistently, you know, comply with it instead of just trying it for like a week or a month and then deciding it's kind of hard to implement when my life gets hectic or when they go on vacation or just something happens in their schedule and they're not used to it.

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So a bit of waiting to Microdosing is really kind of the the main goal for us Look cool. That's I had no idea this very cool. I didn't know that you could intake that with these pills. Yeah, that's the main way. Yeah. That's a very good, very safe way that you could do like vapors and like you said, like a pash tumor, right?

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Yeah. That's crazy because this is all just about and it's all inspired from the patients. They, they have situations where I have this condition, I have the symptom. I don't know what to do. Well, we'll try to help you, you know, And I don't know. I can't make any promises, but we have many tools in our toolbox. And as long as you're going to be honest with us, and especially if you're going to journal what your experience is like, because that's the other side of it, is it's a true collaboration.

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It's not just me calling the patient saying, Hey, we tried A, now try B It's really like, Hey, I'm going to have you try A for this number of days at these times and at these dosages. And I need you to let me know just on a number scale how you're feeling. And then at the end of each week,

we're going to review it together and I'm going to talk you through it, and then we'll find out, is this actually something that you believe is helping you?

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Because at the end of the day, there's a lot of placebo effect I can't really control for that. Right? Even if we're going to do random double blind placebo studies, there's a lot of issues where people realize that it is not placebo. And so that kind of ruins some of that effect or ruins some of the analysis of it.

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So in our situation, we're working directly with you. We're not going to give you a placebo. We're just going to give you what we know is going to be the true medicine. But to get around the placebo as much as possible is just trying these different options and different approaches and hoping that one of them is going to work really well for you, which actually has a lot of similarities to how you might have received the antidepressants or gone through that similar kind of rigmarole of, Hey, we've got a laundry list of different drugs and we're going to start you off with these ones because they have fewer side effects or they may match your

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lifestyle a little bit better. Right? A lot of them fall under categories of they're more effective. But the more sedative, you know, usually that tends to be how it works. Right. And it's a similar situation with mushrooms where if you have major depression or major anxiety or some kind of a situation where your mental health feels really unstable and you need a major intervention, then yes, we can absolutely give you a higher dose.

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But there's going to be all kinds of side effects. And for a lot of people that's going to manifest itself in terms of troubling thoughts or intense confrontations within their mind or just feelings of despair and hopelessness. Right. That's what we might characterize as a bad trip. What is interesting is that that can happen on any kind of serotonergic drug.

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So like a Prozac, just as much as mushrooms. Right. That's why we try to say, like you should do it with a clinical therapist or someone who's there that can really walk you through it. Unfortunately, with most antidepressants, that doesn't really happen any more. They just get prescribed by your PCP or your GP and then they basically say, take it at home and at night and you know, if something weird happens, let me know.

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And for a lot of people maybe that is fine. But for a lot of other people who are sitting on the other side of the spectrum, it's not enough. They need a little bit more involvement. And I think having the patient themselves involved in doing a part of the treatment means that they're going to feel as though they have some control over the situation.

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And I think that's really critical, more than just opening a bottle and taking something that's a certain level of agency. But there's a lot more if you're thinking, okay, I'm going to try this so that we get this data and we can understand if this is helping and if this isn't, we've got alternatives. And I know that I can trust that we're going to try those.

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We're going to give it an honest effort, because I think a lot of people feel demoralized by the health care system, not so much because they don't get instant results, but because they feel as though the doctors give up on them.

Microdosing and Mental Health:

3. From your research, how does microdosing mushrooms affect mental health, particularly depression?

Aki:

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So our research has shown that for people's mental health, really making those mushrooms has been almost a panacea. It's we have not come across someone who has come to us seeking out some kind of a help with their mental health, who has not responded positively. Now, obviously, there is a range of how strongly they are responding to it.

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But the theory behind it is that people's brains are shaped and formed and wired by their genetics and their experiences and their environment. Epigenetics, there's all kinds of factors, but that's most of them. And so you're given this brain in many ways kind of by your ancestors, right? And then your circumstances. And it's shaped for particular circumstances that they experienced.

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So, you know, maybe if they had experienced a lot of hardship during the winter, their brain is going to look different than someone who did not experience a lot of hardship in the winter and their descendants as well. So that brain shaping is there to help you with survival. It's helped to help you with adaptation and that evolutionary trait.

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But it also kind of locks you into a specific gear. So now you're only really prepared for hardship during winter. You don't really know how to work when it's not hard and your brain is going, Hey, we need to watch out. We need to really focus on survival. And so how do you get your brain to reset? How do you tell your brain these aren't the same circumstance?

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Is that our parents, our grandparents, our ancestors were in. And so we need to have a different approach. How do you rewire that brain? You know, there's a lot of different ways to do that. Psychotherapy is one way, but the easiest way is to increase your neuroplasticity, because increasing your neuroplasticity is going to allow your brain to shape more easily, you know, rather than beating it harder to get into the shape that you want, you can kind of ease it in.

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And so there's different factors that are involved with that. But one of the more interesting ones is that when people are given micro dots, mushrooms, it triggers or activates a protein which causes more media. The body enough is one of those factors that helps build more neurons. And so it can kind of soften the brain, but also allow you to build new neurons in areas where there may be damage or where there is just new things that your brain decides is a better direction to go in.

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And so literally, micro dose mushrooms are very slowly replace the sizing and reshaping your brain with your own contribution as well. Right. It's not like you can just take mushrooms and then it's going to shape however it's supposed to be. You still need to guide it by presenting it with, you know, different therapeutic modalities, whether that is, you know, psychotherapy, whether that is meditation, whether that is guidance from a counselor or from a trusted friend or family member, but also on the side of, you know, trying to put yourself into the environments that you want to be in so that your brain is better suited for those and better adapted for those.

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That's what we really mean by surrounding ourselves with good people, good environment, but also consuming good foods, consuming that media. All of those things are in many ways to kind of train your brain. And if your brain is in this really placid sized state, you can think of it as almost being like a baby state where you're just absorbing everything.

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You're no longer using all the little filters that we built as adults to tell us this is important. This is not important. Pay attention to this. Right. Instead, it's everything is important. Everything is almost equally important. And that gives you that sort of wondrous curiosity where you can go out in nature and be like, Wow, it's so beautiful.

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You know, for some people, they really are challenged by that. They don't know how to appreciate nature. And, you know, it makes me wonder, like, what would it be like for those people to even just take a small amount of mushrooms? Would that be enough to kind of trigger this reawakening of Actually, I do appreciate this. And the reason I couldn't before was because I was so locked into my mindset physically as well as mentally.

4. What are the common misconceptions about microdosing, and how does it differ from the full psychedelic experience?

Aki:

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Yeah. So there are a lot of common misconceptions about Microdosing naturally, given that it is a new thing. But one of the main ones is that people think that you're still going to get high, that you're still going to see visions, that you're still going to have sort of mental disturbances. That is not the case at all. When Microdosing is properly dosed, you will not notice it in any significant way.

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You will feel a little bit different, but it's, you know, very similar to the effect you might feel from like an allergy medication. Rather subtle once you're used to that experience. You know, it's the situation is always if you've never had mushrooms at all. Often what people will feel is is more disturbing or a little bit different. You know, disturbing is probably not the best word because it has a lot of negative connotations.

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But what I mean by that is that it is a deviation from your sense of equilibrium. You know, you're so for people who are quite new to it, sometimes there can be a greater disturbance. But in general, it's really something that should be quite minor, quite background, quite workable, easy to do other activities like reading, driving, working. What have you.

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That may not be the case in larger doses, of course, but in the situation of the micro dose, the goal is really to just be a medication and not be a spiritual sacrament.

Accessibility and Knowledge Gaps:

*5. In your opinion, what are the biggest challenges people face in accessing reliable information and resources on microdosing?

Aki:

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So, yeah, that's a great question. There's a lot of difficulty in accessing information about microdosing psilocybin in general. I would say that most people, when they're trying to find information about it almost exclusively, look at videos online, whether it's on YouTube or Netflix or something similar to that. And it's not to say that all of that information is incorrect, but it is largely vetted and it is with a specific profit incentive in mind.

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Not all of them, mind you, but most of them. And then a great deal of those that are trying to present good information are really doing it in a highly cerebral fashion. So it's just an academic

kind of an exercise, which is and may be quite accurate, especially technically, but is incomprehensible to most laypeople and is thus not very useful.

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You know, at the end of the day, it's about conveying understanding. And most people, after they watch the documentary on mushrooms, come away with the sense that mushrooms are cool and mushrooms are psychedelic. But beyond that, there really isn't much of an understanding and there isn't much of a feeling like there are action items or steps that you can take in your own life.

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Now, unless maybe you're in a place like Oregon where there is kind of an established system, you can just Google, Hey, Oregon mushroom practitioner and find someone. But for the rest of the country, that's not really a situation. And even here, that's not how most people do it. You know, they will still just use Google to do kind of cursory research, maybe on web forums, hoping that someone on Reddit will tell them what they need to hear.

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But, you know, similar to all those other channels, there's a whole lot of why is it that people are posting this information and can you really trust them? And so the lack of having trustworthy sources in particular from something like it would be nice if it were affiliated with a university or a government institution, but we're not really seeing that.

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We're just you have to seek out people on your own that perhaps have some kind of a credential or certificate that is related. But given that it's such a nascent industry and nascent product that is, you know, available legally, there's really a lack of even those experts. And so it's most people just try it on their own and hope for the best.

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So it's unfortunate, obviously.

*6. How can we bridge the knowledge gap between those interested in microdosing and those who know where to obtain it safely?

Aki:

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So yeah, the how do we bridge that gap or how do we connect the people who really do need it to the resources that are going to be appropriate for, you know, sharing expertise and supply. Safe access is a huge part of all of this, and Oregon has done a pretty good job of controlling that. My issue, I guess you would say, with it in general, is that it has been rather restrictive, which means naturally that most people are not going to be able to seek it out even if they do really need it.

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So what I mean by that is that it is for the most part, you're not supposed to go to a facility and get your medicine and then bring it home. You have to take it there. It has to be only one form, only one strain and only kind of one program. And then it's expensive and you have to repeat it.

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So that in and of itself is going to be a large disconnect. I think the financial side really needs to be, you know, front and center when we're discussing access, because a lot of people don't have the money for it. And when I say the money for it, I'm talking thousands and thousands of dollars for a standard treatment over the course of however many sessions you're going to take.

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For a lot of these people, they are not actually necessarily taking a micro dose when they're going to these facilities. So the information that we have available from the state is extremely limited on the negative side. So connecting the people who are introduced there, who are interested in making notes in particular to those resources is complicated by the fact that there is no differentiation right now between those patients in a meaningful way.

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So consequently, I think what we need is to have more exposure to a greater audience so that there is at least some education on this is what Microdosing is and this is what Microdosing isn't. Here are some tell tale signs or qualities to look for when you're seeking out the products or when you're seeking out a practitioner, when you're trying to implement micro dose mushrooms into your life.

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What are some stuff so you could take to be safe about it, essentially? You know, information being number one. And that is something that we're doing right now through documentaries, through videos, through interviews, to radio, through blogs. So all those things. But really, I think it takes mostly word of mouth, mostly people opening up to others, you know, friends and family.

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Sure. But even to strangers. It's quite exhilarating and kind of startling How often I will have a conversation about mushrooms with strangers on the street waiting in line for coffee. Like, I can count on it. It takes both hands and both feet to count all those occasions, which is bizarre because it's not like I advertise like, Hi, I do mushroom research.

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You can talk to me about this, but just casually talking about how people's lives are going, troubles come up and I can't help but say like, Well, have you tried these things or have you explored these options that you know, in the case of Micro Dose is for most people a very, very safe and a much smaller ask than, Hey, I want you to completely change your diet and cut out all manmade foods or whatever that would mean.

00:03:18:06 - 00:03:41:22

Right? It's those types of things can help. But those extreme lifestyle changes typically don't last. It's just like any diet. A diet is not really meant to be a long term lifestyle or diet style or however you want to describe it. It's meant to be a passing, you know, phase so that you can overcome whatever medical issue that you're trying to address.

00:03:42:00 - 00:04:05:00

You know, at least that's how the medical community looks at diets. Similarly, you know, it's when people are looking at medication, I think there is this habit of I want to have something where I can just take it like a few times and then I'm just sort of done and cured. And in this situation with mental health, it's it's not so much that you're trying to cure your brain because your brain is constantly adapting.

00:04:05:00 - 00:04:28:23

Your needs change because you change, because life changes, because time keeps ticking and things move. So how do we ensure that we can move along with it? How do we align ourselves more with what our brains could do instead of what they have done? That's a lot of the focus right now and trying to share like this is what you should be looking for in life.

00:04:29:01 - 00:04:45:23

You know, it's not just enough to say, Here's some things to help you with your problems. It's it's also to say here, these same tools are going to help you thrive. They're going to help you enjoy life more because you're going to be able to pay attention to the things that are important to you now or you're going to be able to prioritize differently.

00:04:45:23 - 00:04:58:15

All going back to that neuroplasticity, all going back to how do you literally change your mind, but in a way that doesn't feel abrupt, that doesn't feel traumatic, that feels natural, and it feels appropriate.

Personal Experiences and Observations:

7. Have you observed any notable changes in individuals' mental well-being and focus post-microdosing?

Aki:

00:00:00:03 - 00:00:26:06

Yes, Yes, absolutely. I have noticed tremendous changes in people after Microdosing and all of the categories that you would really hope for, meaning, you know, their improvements in their personality, their improvements in their emotional regulation, there's improvements in their ability to focus on short term and long term tasks. There are improvements in their cognition, there's improvements in their memory, retention and access.

00:00:26:06 - 00:00:58:13

It's really amazing that it can have so many improvements. And I think a lot of it boils down to a it's kind of like maintenance for your brain, and most people haven't really had that experience. There are ways to access that. And I think, you know, different things we may have heard of like transcendental meditation or free running or these kind of sort of exotic activity is that can create these resets have similar effects where you're sort of like, wow, every single part of my life is improve.

00:00:58:14 - 00:01:27:16

But I would definitely say that the long term effects are going to be most noticeable in mental health and emotional regulation in that personality. So when I say personality, I don't mean that your personality changes. You go from someone who is naturally, you know, perhaps cynical to someone who is absurdly optimistic and positive, like there isn't going to be a Jekyll and Hyde situation, at least most of the time.

00:01:27:18 - 00:01:50:03

But there you know, I like to look at it in terms of sometimes my personality gets diminished or restricted. I especially traumatic events where something happened to us in our childhood and we feel like we shouldn't express ourselves in that way anymore because it wasn't a safe way to do it. Mushrooms help you feel as though you know, maybe that was just an event.

00:01:50:04 - 00:02:13:20

Maybe that was just a one circumstance. And that's not how the whole world works. That's not how my life works. And it doesn't necessarily even mean that it's going to be the same because it's a different time period. No. You know, so it's it helps people let go of the past. And I think that gives you permission to kind of be yourself now instead of just in specific circumstances where you feel safe.

*8. What are the typical profiles of individuals who turn to microdosing, especially those who have tried conventional treatments like antidepressants?

Aki:00:00:00:00 - 00:00:33:00

Right. So that the typical person who's really going to be seeking out microdosing mushrooms are people who have especially treatment resistant depression or anxiety. They have a mental health situation that has developed typically into a crisis at times, and it's really affecting their ability to work, to go to school, to maintain relationships. And so they are really prepared for really anything to help them, you know, and they think that that doesn't necessarily need to be the position you're in to start microdosing, obviously.

00:00:33:02 - 00:00:52:22

But that level of receptivity is very helpful because what you're really wanting to see in the patient is a desire to change on their own. I'm not going to tell them, Hey, you should start waking up at a different time and you should eat differently and you should go back to class and you should call your friend and tell your mom you love her and all that.

00:00:52:22 - 00:01:09:19

All those good things. Those are all true things. But me telling that to someone is like leaving a horse to water and expecting it to drink. Right. And there's a reason that it's an old saying because it's always true. You can't force people, you can't force animals, you can't force nature. But you can suggest and you can guide.

00:01:09:21 - 00:01:28:09

And so the people who are going to be most open to suggestion are those who are really frustrated, honestly, who really have had many experiences that have not gone the way that they want or the way that they expected. And so they're thinking, you know, maybe it's just time for me to take charge of it a little bit more on my own.

00:01:28:11 - 00:01:46:21

You know, I'm often surprised at how willing a lot of these patients are to just try things completely on their own, even without really any guidance. And it's like, well, wait, wait, wait. Like, I do want you to follow this program. We're going to work on this together. And they're almost similarly surprised or like, Wow, you actually care.

00:01:46:23 - 00:02:07:20

I was just expecting you're just going to sell me something and then hoping that I would just come back monthly and it's like, I don't really need that money. Honestly, that's not the point of all this, but it's ultimately I just want you to feel better. The best situation is where you're not buying products at all or you're buying the minimal amount you want because it's about showing other people to.

00:02:07:22 - 00:02:30:23

This stuff really works, and it works for a large number of people, large variety of people. So, you know, for the people who are going to be, let's say, a little bit more on the mainstream side of things, maybe they have mild to moderate depression. There are a category of them. We're also going to be more inclined to seek out micro to what's mushrooms.

00:02:30:23 - 00:02:52:08

And those are typically going to be the people who either don't trust SSRI or similar types of drugs or have seen, you know, friends and family of really suffered from that and really don't want to go down that path. You know, it's not that they've been burned heavily by the health care system, but they've seen the battle scars and they're not interested in participating themselves.

00:02:52:08 - 00:03:29:17

And so they're saying, what about the natural alternatives? Right? These are people who maybe just in general, like I don't really like to take prescription drugs to solve all my problems. I prefer to try things on my own or I try to go in the sort of natural path like direction. That cohort is automatically going to be predisposed to be interested in making those mushrooms, in part because when you hear that the side effects are somewhat smaller, you know, like the situation

of making those mushrooms, the side effects that you're really anticipating are maybe you get a little, little bit of nausea, maybe it's a little bit harder for you to fall asleep sometimes.

00:03:29:19 - 00:03:52:00

Maybe it makes you a little bit tired during the day. Really, really minor effects, though. Really things that you can say, well, maybe it's just because I didn't eat a banana at the right time this morning or something like it's it's so minor that you can't really easily distinguish that as the main cause for these substantial changes in your sense of well-being.

00:03:52:02 - 00:04:16:00

Right. So they're on the flip side, most antidepressants. Most. Yeah. The anxiety medications make you feel weird, right? And the degree to which you care about that depends on the person, depends on how much it sort of activates within them. But for most people, at least the first, it feels very strange and they don't really want that experience.

00:04:16:00 - 00:04:40:16

They don't like to feel uneasy for large stretches of time. They just want to feel normal. And so, you know, for people who are looking to regain their baseline, I think microdosing mushrooms are perfect. And, you know, in many ways I like to think of it as sort of like a like a multi vitamin for your brain, much more so than the even things like Lion's Mane, which are great.

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I do take Lion's mane every day. I think it's a wonderful mushrooming adaptogen, but it needs the Microdosing side and for me for it to really have the effects that I'm looking for and I'm really trying to take small amounts. You know, I don't believe in kind of over saturating my receptors or anything, and in part because I want to eat and drink and do all these other things, like I don't live a completely strict, clean, disciplined lifestyle, like a Buddhist monk, right?

00:05:07:00 - 00:05:32:11

I boil my food and cook it. I eat meat, I have sweets, I eat bread. So I do the whole nine, but all in moderation and all I think possible because I have this foundation of multivitamins for the body and for the brain. Now, that aside, the multivitamins from my body are just adaptogens. It's just mushrooms and natural plants.

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So it's not to say it's like a a gummy bear or anything like that. But I think that, you know, me sharing my experience with patients really helps put them at ease and understand like, look, I'm looking at this from a health first perspective. I want you to feel better. I want you to live better. Of course, we're going to address the serious issues that you're coming to me with.

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But I also want to talk about the good things that are happening in your life. I also want to connect that to Microdosing, and I want you to notice the changes in those as well, because

what you're going to see is changes across the board. You know, when your neuroplasticity is in your brain, it's not just melting the parts that are bad.

00:06:11:13 - 00:06:31:14

It's also going to melt the parts that are good to put into sort of silly terms. Right. So you may find, hey, actually really appreciate jazz music. Now before I ask about it, but after Microdosing for a month, I'm like, I get it. I understand the vibe they're trying to put out there and I'm really enjoying this a lot more.

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And so for people who are ready to seek a change in their life or like, you know, I don't it's not that I feel stuck, but I don't feel like I've arrived or I want to be right now. I want to be moving on to the next part of my journey. Record. Those mushrooms will help you get there.

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Well, again, you're going to have to work at it. It's not just take mushrooms and now you're a better person. But it's. It's so much easier when you have the right tools and the right support to get to the destination.

Effectiveness and Public Perception:

9. Considering the success rates of traditional treatments like psychotherapy, where do you see microdosing fitting in the spectrum of depression treatment?

Aki:

00:00:00:00 - 00:00:21:04

So, yes. And in terms of, you know, the success rate of conventional methods, you know, typically we're looking at 30% is like a gold standard. And we're doing a great job. And that, for most people is a depressingly low number, if you'll pardon the pun. You know, that's that's not really it doesn't give you hope that you're going to find a solution any time soon.

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And depression is, you know, often a sort of cumulative issue. It's it's not that it's suddenly one day woke up really depressed that does occur. But for most people, it's it slowly builds. So then they hear, well, actually, we don't really know. Maybe there's a chance we'll be able to help you just falls in line with that depressive journey.

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Right now you're like, Well, let's see, I am special. Depressed was definitely not going to work anymore. And you create the story that then gets entrained into your brain and you're trying to validate that story because you came up with the theory now and you want that to be true. I'm sorry, could you repeat your question? Yeah. Considering the success rate of the traditional

treatment of psychotherapy, where do you see Microdosing fitting in the spectrum of the person?

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Right? So now we are in a situation where there is not a whole lot of hope for people with the traditional conventional methods at first, at least they may, you know, get a little bit better. But for most people they pretty quickly get to a point of like, I don't think this is great, but maybe this is better than what it was before.

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And so a lot of people stay on it. They're not really happy with their medication, but they're not unhappy. What I think Microdosing really offers is this situation where, you know, this isn't necessarily going to get rid of your depression, but it can get you to the point where you can start to address the things in your life that are creating symptoms of depression.

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We don't know what's going on, you know, whether it is a neurotransmitter disorder or whether there is some kind of a lack of receptor is just due to genetics in your brain. Or there's that's having a harder time creating the serotonin or re-up taking it. There's all kinds of different things. And it may have nothing to do with any of that brain stuff.

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It could all have to do with gut health. A lot of the research that we're seeing is showing that got more to do with mental health than anything else. And so if you want to, you know, start to understand why is it that there are certain groups or categories of people who turned out higher levels of depression, you can trace that often to inflammatoire markers from their gut health, from their diet or, you know, the diet environment really, you know.

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So it's not to say that there's certain groups of people who get depressed because they eat bad food. I'm not trying to say that really. It is to say that these groups of people are perhaps more susceptible to certain types of depression and without other tools or without the right types of combinations, they may suffer as a result.

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So it's you know, Microdosing works for most people. It does not work extremely well for most people, but it works fine. It works well enough for most. There is a large cohort of people who are going to say it doesn't do anything for me that may or may not be true, Right? But it doesn't really matter because at the end of the day, what we want is to help them.

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And if they believe that it's not going to help and there's no point in forcing them to keep going. But for everyone else who's really ready to try something new and really is willing to stick with it

for a while, right. Because it's what do they tell you with antidepressants? You need to stick with this for months typically before you're really going to see any difference.

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And then we may have to increase the dose to actually get to where we think it's supposed to be. It's there's a similar issue with with mushrooms where we can give you ten milligrams, a hundred milligrams of an analyte or extract. And you would think then we could predict how that's going to impact you. Exactly. You know, how long you're going to feel a certain way and what that experience is supposed to be like.

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We really can't. It's just broad strokes. We don't understand the pharmacology very well. And part of that is because we're still kind of developing the extraction. We're still often developing our understanding of what is actually going on. You know, I alluded to it earlier when I said we're just going to focus on serotonin now, but when you take psilocybin, it breaks down to serious in your body.

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It affects many more receptors than just your serotonin receptors. And the ways that that impacts you can vary tremendously from patient to patient, where there are situations where people, for instance, often what we'll hear is that when you take suicide an edge awareness gets enhanced. What I mean by that is that you're able to pick out lines and details and contrast better, the theory being that maybe, you know, our ancestors took these mushrooms and they were able to hunt a little bit better.

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And so that's why they may be adapted towards consuming these mushrooms or that kind of an evolutionary argument. It may or may not be true, but there is this interesting effect where you're able to see the world in a new way. And I think, you know, that is an example of it is changing the way that you perceive life.

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And that in and of itself is going to have an impact on your mental health. But because of this physical change where you feel as though you can see things differently or you're a little bit more plugged into reality, that can also give you an interesting boost in terms of feeling better about life, because for a lot of people they feel it's almost like they're they're pulled out a little bit of their life.

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They don't really they're not fully in control, but they're also not fully inhabiting their body and their life story. And they want to. But how do you get back in? You know, it's like a hermit crab trying to get into the old shell. That doesn't work because it's not the right size. But then how do you find that new show In our situation?

00:06:01:09 - 00:06:08:11

You might have to in the hermit crab situation, you find another hermit crab. If only it were so simple. The.

*10. How can documentaries like ours help in addressing the stigmas and misconceptions surrounding microdosing?

Aki:

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So documentaries are great for helping people to understand complicated topics and approachable ways. You know, in particular, what I'm trying to do with our research in Microdosing is bring mushrooms to a broader audience to allow people who, you know, really shouldn't be aware and haven't had the opportunity to. And so what they're looking for is something digestible, approachable, but also not overly long.

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You know, for a lot of these type this type of information, if you want to become thoroughly educated in it, you're going to have to take many classes, read many books. That type of a sort of academic mode. But for most people, that's not appropriate. And it's too long and it's too detailed and it doesn't really matter. You know, what they really want is kind of the meat of the story.

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And so documentaries are a much better way of immediately getting to the content that people are going to actually care about and which is at the end of the day, someone has a situation that they want or need help with, or they know someone that they want to help. And so they're seeking out this information, hopefully in a video format so that they can quickly get that information and they can quickly help that loved one, whether it be themselves or someone else.

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Right. It's speed really matters in a world where we're overwhelmed and bombarded by data. We have constant notifications and things to attend to, and those are all important things in their own right. But it means that trying to implement change needs to happen in a more convenient and well packaged form. And I think documentaries are far superior to most other forms in that way sense that it's a form of media that people are willing to spend a little bit of extra time on, but it's packaged in a form where they're going to be coming away at the end of it, feeling as though they know the important bits and now they know what questions to

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ask. They know a better way to Google, right? And in particular, they have a sense that like, hey, things might actually improve if we go down this path. You know, there's some real hope here. It's not just a one shot and maybe it'll work, maybe it won't. You know, it's beyond sort of a Dr.

Oz presentation and really a full on, you know, story driven explanation of here are things that are happening right now in your world and you can be a part of.

Microdosing as a Holistic Approach:

*11. Can you discuss the importance of a holistic approach to treating depression, including microdosing, coping skills, and mindfulness?

(while microdosing can be beneficial, it's not a standalone cure for depression. Effective treatment often requires a combination of approaches, including learning coping skills, mindfulness, and dealing with triggers or stressful situations."You have to put in the work"

Aki:

00:00:00:03 - 00:00:00:09

Yeah.

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So we've been talking a lot about where we're currently at,

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but as far as of the future of my kiddos, it's bright, but there are some concerns.

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It's complicated.

00:00:08:20 - 00:00:12:18

You know, looking at it from various levels, whether it be at the national

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or regional, state, local, there is different answers for each level.

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But overall, you know, with with so much cultural push towards

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mushroom acceptance

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and really a lot of excitement
and interest in the history of it,

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I think that we're right
on the precipice of people

00:00:31:20 - 00:00:37:08
wanting and really demanding mushrooms
to be a real part of their lives.

00:00:37:10 - 00:00:39:16
Yes. So the

00:00:39:16 - 00:00:42:22
when it comes to microdosing
with regards to depression,

00:00:42:22 - 00:00:45:22
you know, we have to look at depression
from that holistic approach,

00:00:46:01 - 00:00:50:01
meaning what is really leading
to the symptoms of depression.

00:00:50:01 - 00:00:56:00
You know, what what aspects of a person's
life are contributing to that experience.

00:00:56:00 - 00:00:57:12
And there can be obvious ones.

00:00:57:12 - 00:01:00:12
Maybe they experience chronic pain,

00:01:00:12 - 00:01:02:22
maybe they recently lost a loved one.

00:01:02:22 - 00:01:06:23
Maybe they have had a crushing
disappointment in their work.

00:01:06:23 - 00:01:09:23

You know,
these sort of obvious external triggers.

00:01:10:01 - 00:01:13:10

But then there are also less
obvious things,

00:01:13:12 - 00:01:16:12

such as chronic inflammation in the gut.

00:01:16:14 - 00:01:18:21

You know, people don't realize

00:01:18:21 - 00:01:21:22

maybe I shouldn't
be eating all of this gluten,

00:01:21:22 - 00:01:26:05

for instance, and that if they are celiac,
that can lead to depression

00:01:26:06 - 00:01:29:14

or depressive symptoms is how
I prefer to talk about it, because I don't

00:01:29:14 - 00:01:33:03

really see depression as a disease
in and of itself.

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It may be,
but the perspective that I like to take

00:01:36:06 - 00:01:39:02

is that there are all these
different parts of your life

00:01:39:02 - 00:01:43:02

that if they don't fit together
well, kind of create friction.

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And that friction

00:01:44:06 - 00:01:49:00

when it accumulates can build towards something that feels like depression.

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You know, it's a situation where then you can't just take micro dose

00:01:53:21 - 00:01:57:19

and fix every single aspect of your life simultaneously,

00:01:57:21 - 00:02:00:16

but maybe you can help you adjust

00:02:00:16 - 00:02:04:04

some of those pieces so that they fit together a little bit better.

00:02:04:06 - 00:02:04:15

You know?

00:02:04:15 - 00:02:08:03

And it's a situation where you are going to have to put in the work.

00:02:08:03 - 00:02:11:09

You are going to have to implement changes in your life.

00:02:11:11 - 00:02:13:21

But these changes don't have to be.

00:02:13:21 - 00:02:18:10

I'm going to work at something for 30 days straight, intensively.

00:02:18:10 - 00:02:21:09

It isn't like an exercise program.

00:02:21:09 - 00:02:24:12

It's really much more of a in the morning

00:02:24:12 - 00:02:29:19

I'm going to go out of my way
to do positive affirmations in the mirror.

00:02:29:20 - 00:02:34:02

I'm going to tell myself that I love you
three times and looking myself in the eye

00:02:34:03 - 00:02:37:19

very first thing before I even
brush my to do, before I drink water,

00:02:37:21 - 00:02:41:21

before I even open the blinds
and see the light from the outside,

00:02:41:23 - 00:02:44:13

I'm going to go through this exercise.

00:02:44:13 - 00:02:45:20

It's not that hard.

00:02:45:20 - 00:02:49:16

It's not really a big ask,
but it has to be a part of that

00:02:49:16 - 00:02:53:08

holistic approach,
meaning this whole life approach.

00:02:53:11 - 00:02:57:09

You know, you're looking at it
from every single part, whether it be

00:02:57:09 - 00:03:01:00

what you eat when you go to the bathroom,
how you sleep,

00:03:01:06 - 00:03:04:19

what types of games
or other forms of play that you engage in.

00:03:04:21 - 00:03:08:18

All these things are going to be building

towards the lifestyle that is actually

00:03:08:18 - 00:03:14:11

going to serve you and help you feel
as though you are at a place of wellness.

00:03:14:13 - 00:03:17:06

So obviously we talked about mindfulness.

00:03:17:06 - 00:03:22:17

I think a lot of people have heard about
that as a way to sort of engage with life

00:03:22:17 - 00:03:27:02

a little bit more and to feel a little bit
better about their current situation

00:03:27:02 - 00:03:32:06

and help them realize things are different
than maybe they're interpreting them.

00:03:32:08 - 00:03:35:12

But that's again,
just a part of the program

00:03:35:12 - 00:03:39:11

that would really be necessary
to help someone climb out of a major

00:03:39:11 - 00:03:42:13

depressive episode or to even prevent

00:03:42:13 - 00:03:45:12

a major depressive episode.

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The good news is
that all of that work is cumulative.

00:03:49:16 - 00:03:50:23

Just like we've discussed.

00:03:50:23 - 00:03:53:13

Your body doesn't forget,

your mind doesn't forget.

00:03:53:13 - 00:03:55:14

And just like you don't forget
how to ride a bike.

00:03:55:14 - 00:03:59:08

You don't forget how your life
is actually operating.

00:03:59:08 - 00:04:03:04

Soon as you start to approach it that way
where you're like, I'm going to almost

00:04:03:04 - 00:04:07:12

forensically look at myself
and see which things are kind of

00:04:07:12 - 00:04:11:15

obvious triggers, which things are
the things that make sense to me,

00:04:11:15 - 00:04:16:14

that logically, yeah, I can see how
this is going to cause an issue downstream

00:04:16:16 - 00:04:20:02

instead of just saying, Well,
I guess that's just how it goes.

00:04:20:02 - 00:04:23:19

Think about, well,
is there a way that I can at least

00:04:23:21 - 00:04:27:22

address some of the downstream effects
where if I'm going to get hurt,

00:04:27:22 - 00:04:32:05

maybe I can reduce some of the pain
or I can make sure that I have something

00:04:32:05 - 00:04:35:05

to help with the information

immediately afterwards.

00:04:35:07 - 00:04:38:00

You know, like

I never like to tell people, quit doing

00:04:38:00 - 00:04:39:17

something that you love.

00:04:39:17 - 00:04:43:15

But I do like to say, notice

the places where it's hurting you

00:04:43:17 - 00:04:44:13

and see if there's a way

00:04:44:13 - 00:04:48:07

you can cushion, see

what kind of aftercare you can implement

00:04:48:07 - 00:04:52:16

so that it doesn't cause chronic pain

and chronic issues down the line.

00:04:52:21 - 00:04:56:04

You know, acute pain is okay,

we have ways to address it.

00:04:56:06 - 00:05:00:23

But if you don't and you have lots of

different acute pains throughout the day,

00:05:01:01 - 00:05:04:07

your body is not going to be able

to address everything it lives.

00:05:04:09 - 00:05:04:19

Right.

00:05:04:19 - 00:05:08:17

A big part of the reason that we sleep for

so damn long at night, right,

00:05:08:17 - 00:05:11:23

like 8 hours a third of our time
is because it's doing all this

00:05:11:23 - 00:05:15:19
repair, all this maintenance,
all this work on your body and your brain.

00:05:15:21 - 00:05:17:05
And it's a lot.

00:05:17:05 - 00:05:18:18
Now it's particular.

00:05:18:18 - 00:05:20:21
Let's say you don't get good rest now.

00:05:20:21 - 00:05:23:20
It's less efficient in its way.
It's going to have to prioritize.

00:05:23:20 - 00:05:26:14
Well,
I want to definitely clean up the organs.

00:05:26:14 - 00:05:28:14
I want to definitely make sure
the liver is okay.

00:05:28:14 - 00:05:31:14
So I'm going to put a lot more
of our effort towards that,

00:05:31:18 - 00:05:37:00
even though, you know, it's long term,
it may not help the sleep situation.

00:05:37:02 - 00:05:39:20
Your body's always going to prioritize
whatever is going to

00:05:39:20 - 00:05:42:07
be about immediate survival.

00:05:42:09 - 00:05:43:11

And so,

00:05:43:11 - 00:05:47:04

you know, looking at that
holistic approach then is about, okay,

00:05:47:05 - 00:05:49:20

how do I support my body
so that it's not in a situation

00:05:49:20 - 00:05:54:01

where it needs to prioritize between two
really important things, right?

00:05:54:01 - 00:05:58:14

Getting back to a point of homeostasis
or a point where you feel as though

00:05:58:14 - 00:06:04:01

you are living well, that you are thriving
in your life really means

00:06:04:01 - 00:06:08:03

that you are not being burdened
by the different aspects of your life,

00:06:08:03 - 00:06:12:21

that you're able to move easily
and gracefully through life.

00:06:12:23 - 00:06:17:20

And Micro Dose is a very, very important
part of that for many people

00:06:17:22 - 00:06:20:18

if they choose to implement it,
because it allows them

00:06:20:18 - 00:06:24:02

to put all those pieces together
so much more easily.

00:06:24:04 - 00:06:26:20

It's so much less effort to do that.

00:06:26:20 - 00:06:30:13

You know, it's sort of like,
you know, you've probably seen like

00:06:30:15 - 00:06:33:15

in South America, they have immaculate,

00:06:33:16 - 00:06:36:21

perfect masonry, right?

00:06:36:23 - 00:06:38:18

No water at all.

00:06:38:18 - 00:06:41:07

It's so perfectly put together.

00:06:41:07 - 00:06:44:02

It's like they're
the Tetris masters of the world.

00:06:44:02 - 00:06:46:15

And that's not
how most people do brickwork or masonry.

00:06:46:15 - 00:06:47:23

They have mortar.

00:06:47:23 - 00:06:51:18

Well, in our situation, I'm
not expecting people to be perfect Masons.

00:06:51:20 - 00:06:55:04

We're giving them the psilocybin
mushrooms, the micro dose version of that

00:06:55:05 - 00:06:59:17

as just a thin layer of mortar just
to help them keep the pieces together.

00:06:59:19 - 00:07:03:21

And then as they're able to put it all
together, now the forces are distributed.

00:07:03:21 - 00:07:05:04

Now the wall won't fall.

00:07:05:04 - 00:07:08:04

Now you actually have some structure
to your brain

00:07:08:07 - 00:07:11:17

and in this situation,
some structure to your life,

00:07:11:19 - 00:07:14:19

you know, I find that
most people live kind of chaotically

00:07:14:19 - 00:07:19:12

because they don't intentionally structure
every part of their life.

00:07:19:14 - 00:07:23:13

They maybe they think it's impossible,
maybe they think it's inappropriate.

00:07:23:15 - 00:07:26:19

But, you know, as most people get older,
that tends to be

00:07:26:19 - 00:07:30:15

how we try to organize
ourselves is through these systems.

00:07:30:17 - 00:07:32:17

And mental health is no different.

00:07:32:17 - 00:07:37:06

You can have a very systems approach to it
that will definitely give at least

00:07:37:06 - 00:07:40:21

some results and more importantly,
give you a foundation to build off of

00:07:40:21 - 00:07:45:05

so that maybe you go now to seek out

other health care practitioners

00:07:45:05 - 00:07:46:04

to help you

00:07:46:04 - 00:07:49:15

with those particular specific things
that you've identified that you need help

00:07:49:15 - 00:07:55:00

with, and you're able to benefit more from
that because you've laid that foundation

00:07:55:02 - 00:07:56:15

and it's a

00:07:56:15 - 00:08:00:17

there's a siren coming through
and I'm hearing it.

00:08:00:19 - 00:08:06:00

So if you want to just repeat the last few
sentences here, if we can just read you,

00:08:06:00 - 00:08:10:21

I guess like from the masonry part
of both central central America,

00:08:10:23 - 00:08:17:08

I well, that part again, if a guy for me
is on this just because there was a siren.

00:08:17:10 - 00:08:21:10

Yeah, here we go whenever.

00:08:21:12 - 00:08:23:08

So you know putting together

00:08:23:08 - 00:08:26:17

the pieces of our lives, you know, there's
different ways that we can approach it.

00:08:26:17 - 00:08:32:12

But one analogy that I like to use

is that looking at the sort of amazing

00:08:32:12 - 00:08:36:12

South American masonry of like
the Incan civilizations where you saw that

00:08:36:13 - 00:08:40:07

there's zero mortar in between the stones,
they're positioned

00:08:40:07 - 00:08:44:13

in such a way that it's all Tetris
in this perfect configuration.

00:08:44:15 - 00:08:47:19

And if you were to push it,
even with big equipment,

00:08:47:21 - 00:08:51:06

it would be really tough
to knock down these structures.

00:08:51:08 - 00:08:55:04

They're so well-established
and perfectly cut.

00:08:55:04 - 00:08:57:21

Now, most people don't do masonry
that way.

00:08:57:21 - 00:08:59:03

They need a little bit more help.

00:08:59:03 - 00:09:02:14

And so we use mortar to go in between it,
act like a glue.

00:09:02:14 - 00:09:04:05

You know,
when you're building a brick wall,

00:09:04:05 - 00:09:07:12

you don't just push the bricks together
and expect it to stay up.

00:09:07:14 - 00:09:09:08

You need to have that mortar.

00:09:09:08 - 00:09:12:09

And then eventually,
as you build the wall,

00:09:12:09 - 00:09:15:17

then it becomes the weight
and the physical structure of the bricks.

00:09:15:17 - 00:09:18:07

It's actually creating
most of the strength.

00:09:18:07 - 00:09:22:04

But in our situation with the brain
and with our lifestyle,

00:09:22:06 - 00:09:26:15

you know, most people are not able
to manage their schedule in such a perfect

00:09:26:15 - 00:09:30:17

fashion where every minute winds up
and they don't need any more order.

00:09:30:19 - 00:09:34:13

In our situation, it's helpful
to have something like Michael's mushrooms

00:09:34:13 - 00:09:38:07

to act like a mortar
to help us get through these

00:09:38:09 - 00:09:42:05

somewhat complicated scheduling ordeals.

00:09:42:05 - 00:09:45:23

You know, we do have many tasks
that we have to do throughout the day.

00:09:45:23 - 00:09:48:10

We do have many places that we have to go.

00:09:48:10 - 00:09:49:06

You know, we all have cars.

00:09:49:06 - 00:09:53:03

So that's an expectation now,
but it complicates our schedule.

00:09:53:03 - 00:09:56:03

And so when we get overwhelmed by that,

00:09:56:08 - 00:10:00:18

it tends to lead to disarray
and psilocybin like illness.

00:10:00:18 - 00:10:04:10

Mushrooms are a great, great way
to create that,

00:10:04:12 - 00:10:08:22

to act like mortar, to help
put the pieces of our lives together

00:10:08:22 - 00:10:11:14

in such a fashion
that now we feel as though

00:10:11:14 - 00:10:15:07

not only do they go together well,
but you can build on top of that

00:10:15:07 - 00:10:18:15

and not feel as though that foundation
is going to collapse.

00:10:18:17 - 00:10:21:21

Perfect. But there's a great analogy

00:10:21:23 - 00:10:22:18

to that.

00:10:22:18 - 00:10:24:07

Okay, here we go.

00:10:24:07 - 00:10:26:15

Come to the homestretch here.

00:10:26:15 - 00:10:28:22

Pretty much all what you're talking about
can in the belly here.

00:10:28:22 - 00:10:33:05

Like so this part is like
the future of Microdosing.

00:10:33:07 - 00:10:35:20

What do you envision for the future
of Microdosing

00:10:35:20 - 00:10:40:07

in terms of research, legal status, and

00:10:40:09 - 00:10:42:07

social acceptance?

00:10:42:07 - 00:10:45:06

So on the research side,
really that depends on legalization.

00:10:45:06 - 00:10:46:14

I think we are close to that.

00:10:46:14 - 00:10:49:14

I think there is a lot of federal support

00:10:49:16 - 00:10:53:01

and legislative support for psilocybin
treatments.

00:10:53:03 - 00:10:57:13

You know, I think that the example
that we've seen with PTSD

00:10:57:15 - 00:11:01:07

and some of the alternative modalities
that have been approached with that

00:11:01:08 - 00:11:06:00
have really shown the VA in particular,
hey, this is a cost effective

00:11:06:00 - 00:11:11:01
and in just in and of itself
effective way of addressing

00:11:11:03 - 00:11:15:10
what is ultimately a very expensive part
of your health care bill.

00:11:15:13 - 00:11:19:14
You know, it's it's very difficult
to treat mental health conditions

00:11:19:16 - 00:11:23:19
and the the drugs
and the psychotherapy that we use.

00:11:23:19 - 00:11:26:15
And there's other things,
but that's mainly what we use.

00:11:26:15 - 00:11:29:12
All of that is very resource intensive.

00:11:29:12 - 00:11:32:02
And as we're seeing skyrocketing levels

00:11:32:02 - 00:11:35:08
of diagnoses, we can't keep up.

00:11:35:10 - 00:11:38:19
There's not enough therapists in America
to address

00:11:38:21 - 00:11:42:22
mental health crisis
that we're experiencing across the board.

00:11:43:00 - 00:11:46:19
And so we really do
need to have more tools in our toolbox.

00:11:46:19 - 00:11:48:02
And the federal government

00:11:48:02 - 00:11:51:03
has recognized that the issue
that we've had for a long time

00:11:51:03 - 00:11:54:13
is that due to its scheduling,
there has been no serious

00:11:54:13 - 00:11:57:22
research done at a university
or other kind of a level.

00:11:57:22 - 00:12:02:07
And so we're quite far away
from having something like clinical trials

00:12:02:07 - 00:12:07:22
where it would be able to, you know,
say the with an FDA approved product.

00:12:07:22 - 00:12:09:03
You can take this

00:12:09:03 - 00:12:12:22
as long as the doctor prescribes it to you
and it's going to have the same type of

00:12:12:22 - 00:12:14:00
an effect, the same.

00:12:14:00 - 00:12:17:23
But these specific dosages, we're still
waiting on a lot of that information.

00:12:18:01 - 00:12:22:01
As I alluded to earlier,
you can give ten 100 milligrams

00:12:22:01 - 00:12:26:15
of the psilocybin annually to someone,

but you aren't really able to predict

00:12:26:16 - 00:12:29:16

what their experience is going to be like,
the way you might be able to

00:12:29:16 - 00:12:31:03

with something like ibuprofen.

00:12:31:03 - 00:12:35:01

And you're basing the dosage
largely off of how much they weigh and

00:12:35:01 - 00:12:37:06

how old they are.

00:12:37:08 - 00:12:38:19

So there

00:12:38:19 - 00:12:41:19

is the
research side that is going to get better,

00:12:41:21 - 00:12:45:20

I think largely on its own
because there is so much interest in it,

00:12:45:20 - 00:12:49:06

because there are so many people
who have already experienced it

00:12:49:06 - 00:12:53:01

and then noticed anecdotally
that it's helped them so much

00:12:53:03 - 00:12:57:03

that similar to the sort of ecstasy
that we saw with PTSD,

00:12:57:03 - 00:13:01:20

we're going to see a rather rapid adoption
of doing research

00:13:01:20 - 00:13:05:09

and some limited clinical acceptance

00:13:05:09 - 00:13:08:09
of psilocybin based medicines.

00:13:08:10 - 00:13:11:14
You know, it takes our side of research,
really, which was much more on

00:13:11:14 - 00:13:16:13
the manufacturing and extraction side
to really develop the products.

00:13:16:17 - 00:13:17:23
Then those researchers

00:13:17:23 - 00:13:21:22
will be able to use more at that clinical
and pre-clinical level.

00:13:22:00 - 00:13:26:00
That's why we're so focused on things
like nebulizers and transdermal patches

00:13:26:00 - 00:13:29:12
that these kind of alternative vehicles
that for people

00:13:29:14 - 00:13:32:12
we don't really know what is going
to be appropriate for someone.

00:13:32:12 - 00:13:37:07
You know, an interesting example
is that a lot of people will take

00:13:37:09 - 00:13:41:13
will medicate with cannabis because
they have gastrointestinal distress

00:13:41:13 - 00:13:44:19
or that is causing some level of the pain
that they're experiencing.

00:13:44:19 - 00:13:49:07

So like, you know, IBS or

00:13:49:09 - 00:13:51:18

just that type of a

00:13:51:18 - 00:13:55:03

chronic condition

and the best possible vehicle

00:13:55:03 - 00:13:59:02

for the medicine would be a suppository,
but that's not available.

00:13:59:04 - 00:14:02:07

So if someone with

IBS goes into a dispensary right now

00:14:02:07 - 00:14:05:22

and they say, look, you know, I'm
not really here to get high,

00:14:06:00 - 00:14:08:23

I don't really care

for that type of an experience.

00:14:08:23 - 00:14:12:03

What I really want

is just something that lets me sit

00:14:12:05 - 00:14:15:12

because I have to sit at work

and I hate having to get up all the time

00:14:15:12 - 00:14:17:04

and I just need something to address that
pain.

00:14:17:04 - 00:14:18:23

Do you have something for that?

00:14:18:23 - 00:14:22:16

All they can really do

is give them some kind of an oral pill

00:14:22:18 - 00:14:26:19
or a tincture and it's not very directed

00:14:26:20 - 00:14:30:01
towards what they actually need, the need,
the help for.

00:14:30:01 - 00:14:30:09
Right.

00:14:30:09 - 00:14:34:05
So it's what are the different ways
that we can bring the medicine

00:14:34:05 - 00:14:38:01
to where it needs to be because
we don't really know where that is.

00:14:38:01 - 00:14:42:02
But if we can develop the products
and we can develop the formulations

00:14:42:02 - 00:14:46:13
that allow researchers, other researchers
and other practitioners

00:14:46:13 - 00:14:50:08
then to say like, Hey, this worked
for these types of people and this didn't,

00:14:50:10 - 00:14:52:11
and we're able to share
that information now.

00:14:52:11 - 00:14:55:15
We actually have a database
that shows at least

00:14:55:15 - 00:14:59:07
somewhat, Hey, here's
the direction that you should go down.

00:14:59:09 - 00:15:02:02

You know,
we don't we're still working on that with

00:15:02:02 - 00:15:05:20
cannabis and Kayla's cannabis in many ways
is a lot more legal than the psilocybin.

00:15:05:20 - 00:15:10:07
And it's still very,
very limited research, very limited.

00:15:10:08 - 00:15:11:16
The products

00:15:11:16 - 00:15:16:02
that are available for most people,
especially on the medical side of things.

00:15:16:04 - 00:15:18:15
But mushrooms are easy to

00:15:18:15 - 00:15:21:20
grow much easier than that
cannabis, honestly.

00:15:21:20 - 00:15:26:12
And I say that as someone
who's professionally cultivated it is

00:15:26:14 - 00:15:28:19
pretty straightforward to grow mushrooms

00:15:28:19 - 00:15:32:13
and the spores are rather affordably

00:15:32:13 - 00:15:35:19
collected and distributed as well,
and they don't contain psilocybin.

00:15:35:20 - 00:15:39:05
So for most states you can actually access
them pretty easily.

00:15:39:07 - 00:15:42:21

It's not to say that you can do anything other than microscopy,

00:15:42:21 - 00:15:45:21

meaning

looking at under a microscope legally.

00:15:46:01 - 00:15:48:17

But the point is that access

00:15:48:17 - 00:15:52:05

to these resources to grow them is readily available.

00:15:52:05 - 00:15:54:12

It wouldn't take much to scale that up.

00:15:54:12 - 00:15:58:03

And so the main things that are limiting, right, limiting us right now

00:15:58:03 - 00:16:02:09

are the kind of legal consequences of going down the path of becoming

00:16:02:09 - 00:16:06:02

a professional mushroom grower or processor

00:16:06:04 - 00:16:08:08

because you're going to have a lot of scrutiny on you.

00:16:08:08 - 00:16:11:15

And it's there are going to be situations where you won't be able to bank

00:16:11:15 - 00:16:12:08

very easily.

00:16:12:08 - 00:16:15:18

You won't be able to accept credit cards, you won't be able to be

00:16:15:18 - 00:16:18:17
a kind of normal business
that people interface with.

00:16:18:22 - 00:16:20:16
And that barrier of entry

00:16:20:16 - 00:16:24:15
is going to prevent many,
many people from accessing those products.

00:16:24:17 - 00:16:28:12
So it's a slow rollout,
you know, just like it was with cannabis.

00:16:28:12 - 00:16:31:12
I think it's going to be slow
for the mainstream.

00:16:31:13 - 00:16:35:06
But I think on the medical side
it will be pretty rapid

00:16:35:06 - 00:16:41:09
and we will probably see psilocybin
based sort of synthetic analogs

00:16:41:09 - 00:16:44:21
that we're able to control better
and understand the effects better.

00:16:44:21 - 00:16:47:08
And those will start to be prescribed.

00:16:47:08 - 00:16:52:07
So it will be interesting
and I think we will see

00:16:52:08 - 00:16:56:02
widespread cultural adoption of mushrooms,

00:16:56:04 - 00:16:58:05
but it won't really

00:16:58:05 - 00:17:02:19
necessarily be on the business side
as much right away

00:17:03:01 - 00:17:06:12
because it's
the business case is difficult.

00:17:06:13 - 00:17:09:21
And when large institutional players
are not going to enter

00:17:09:21 - 00:17:13:19
and you're kind of relying
on a whole cohort of small businesses

00:17:13:19 - 00:17:18:16
to create this new marketplace, it's
not going to happen in a vacuum.

00:17:18:18 - 00:17:22:03
And we are experiencing
a time period right now

00:17:22:03 - 00:17:24:14
where capital is really expensive.

00:17:24:14 - 00:17:28:01
And so you can't just go and borrow
millions of dollars on the cheap

00:17:28:01 - 00:17:29:04
and try something out

00:17:29:04 - 00:17:33:07
and just try to develop market share
profitability matters a lot more now,

00:17:33:08 - 00:17:36:00
and it's fairly unprofitable

00:17:36:00 - 00:17:41:08
still to do a lot of these high risk
categories, even cannabis.

00:17:41:08 - 00:17:43:22

It is very,
very difficult to turn a profit.

Future of Microdosing:

14. What advice would you give to individuals considering microdosing as part of their mental health treatment?

Aki:

00:00:00:01 - 00:00:27:13

So for those who are considering micro dose treatment, you know, who want to really implement into their life or who are curious about it and really willing to start that journey, you know? The advice I like to give people is first start by understanding how the machine works. Try to do a little bit of background research so that you can feel as though when you are physically putting it into your body, you have an understanding of a little bit of the mechanism of what's going on.

00:00:27:14 - 00:00:51:19

Because I think having a visual of that, because you can't see what's going on inside, but having a scientific illustration or a way that you're understanding visually how this is going into your body and how it's affecting it is going to help you feel a lot more comfortable about in general, because we're talking about something that most people have never really researched or have not felt even safe to talk to other people about, even with loved ones.

00:00:51:19 - 00:01:19:11

You know, it's such a taboo subject for most families still. So first, familiarizing yourself with the science at a basic level so that you will understand this is a substance, this is a drug. I'm taking it at a very, very low level. And so the effects are going to be quite minor. But the interesting thing with micro dose is that even a little bit is going to have profound impacts over time as long as you take it correctly.

00:01:19:13 - 00:01:43:05

So beyond understanding, you know, this sort of basic scientific level of this is what's what mushrooms are and this is what they're going to do to you. The next step would then be to understand what are your goals for taking the mushrooms and write them down? Don't just see them. Don't just think I'll be able to remember everything in the moment, because when you take a drug, it changes your brain.

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And so all those things that you used to have, you know, your ability to recall certain words easily may be impacted. So it's so much easier to have something that you've already planned

out and to remind you during the journey and before and after of like this is what I actually set out to do. This isn't me just taking a drug just to see what happens.

00:02:03:20 - 00:02:33:04

This is me making a decision to take control of my life in a specific way, and I'm going to see what it does and I'm going to treat it seriously. So this is what I want to do with it. And I'm going to write down how it impacts me. And I'm going to have certain metrics that I decide are going to determine this is valuable or this is adding value to my life, you know, because for some people taking microdosing may be they just want something that is going to help control something like seizures.

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You know, because interestingly enough, for some people it is it was quite helpful. I myself suffer from seizures, from hand tremors, and right now it's pretty steady, pretty good. It's like that most days, but only if I'm really good about my micro dose treatments. If I get off of that for even a few days, I start to shake a little bit more, especially if I have something like coffee, you know, and I live in the Pacific Northwest.

00:02:59:06 - 00:03:17:01

I like to indulge in coffee. I know many other people do. And one of the first things they tell you, for instance, if you have anxiety, is, hey, you should cut the coffee out. That's not helping you, okay? But it's helping my social life. It's helping me wake up. It's helping me feel like there's something to look forward to in the morning.

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Because I like the smell, I like the effects, I like the I like going to my coffee shop and talking to the people. And this is an important part of my life, you know? So it goes back to Microdosing is not about telling you what to do. It is about you implementing it specifically in your life and you having a much greater say and much greater control over what you want your life to be.

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And it's not just going to be carte blanche and not just going to be a blank canvas of this is what you know, You need to figure every single part of it out. We have ways to help and that's what all these resources are for. And it is important to seek those out. But more than anything, more than the professional that you seek out, more than the product that you want, is really setting your goals, understanding who you are and what you want to be doing with it.

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Because that certainty is going to enable your brain to make the changes that it needs to. Otherwise, if you're wishy washy about it, your brain's going to think this isn't really that important. Maybe this was just a fever dream. Maybe this is just a one time thing. I don't need to take this very seriously. I don't need to remind them of this.

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But that's not the case. If you write it down, if you take it seriously, if you essentially tell your brain, Hey, this is a big deal to me, then it will be a big deal and then you will treat it appropriately because appropriate for you in the situation as someone who is seeking a micro dose is I want my life to improve.

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I can't say exactly how it's going to happen, but I know what I want. I want to wake up feeling better. I want to wake up feeling excited. I want to go through my day with energy. I want to be able to approach my relationships with excitement, not just, Oh, no, I hope I'm not disappointing someone, or maybe I'm disappointing myself or maybe this isn't an appropriate decision for me.

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And. And now you're just guilt ridden. That's no way to live a life. And microdosing is an excellent way to help you not remove the guilt, but distance you from it so you realize it's not you. It's not actually that important. It is a message. And that's all.

Conclusion:

15. Is there anything else you would like to add or emphasize about microdosing mushrooms and mental health?

Aki:

00:00:00:00 - 00:00:22:13

Yeah, well, I mean, you know, the interesting thing about my kiddos, I think for a lot of people is that it's a small, small ask at first, but interesting with most people after they've had a little bit of success with it, start to explore other things as well. And I think that is what is so interesting for me is that, you know, this is like a catalyst for people to change their lives.

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Again, I'm not the one changing their lives and the mushrooms aren't even doing it either. It's just a little catalyst. It's like an enzyme that's just allowing these events to unfold in a more natural way that doesn't feel chaotic and it doesn't take too much energy. It flows from you and with you, and it just makes sense. So if you when you take micro dose and you don't feel like things are going in a better direction, maybe it's not the right thing at the right time, maybe it's not being implemented in the right way.

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But know that for most people, if you do a little bit in the right time, you're going to have profound impacts on your life. And it's well worth that journey. It's not going to it shouldn't be overly expensive. It shouldn't be so difficult access, honestly, for a lot of people outside of the

state. It is, But there are more and more places that are legalizing it, places like Colorado and California that are large populations.

00:01:21:11 - 00:01:39:16

There is going to be access to it. So as much as it may be difficult at first and some people may have to travel for it, you know, know that it is exploding in popularity, in that it's going to reach many more places than we can ever imagine. And they're going to be popping up in places that may not average it.

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And so it's going to require some bravery from the community to speak up and not be ashamed, not be afraid to say, I think, make or those mushrooms and I drive. I have kids, I take them to school, I help them with homework, I interface with my community and I'm a normal person who happens to take my kiddos mushrooms and benefits from it.

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And I think you could too. You know, we don't need to be so shy. We don't have to be so hesitant. We're Americans. We're supposed to be open. So, you know, I hope that more and more people are going to at least be open to discussing it. And accepting that for a lot of people, this is probably a really great thing to supplement their life.

00:02:25:16 - 00:02:55:18

Perfect. And the last thing since you all warmed up and everything, not literally, but like your voice wise, can you just tell me could you briefly the first thing can you briefly reintroduce yourself and just just reintroduce yourself and just say courage for your expertise And my goodness, you have to go in like for adults of your background kind of thing.

00:02:55:18 - 00:03:20:15

Just saying, I'm my name's Archie Smith, and I work with, you know, micro. I work with mushrooms to extract like just something sort of like, Yeah, that makes sense. Yeah. Again, you can briefly re-introduce yourself. Yes. My name is Rocky Smith and I research and manufacture mushroom products specializing in micro dose. Perfect cut that is.